



## Squad Gym

Parent Information  
Season 2019

*Energetic*  
GYMNASTICS

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## Welcome to Squad Gym

The Energetic Gymnastics Squad Gym program provides an opportunity for club members to participate in competitive gymnastics and cheerleading. This involves being part of a team and attending local, state and national competitions. Gymnasts are taught skills and routines from the Australian Levels Program.

Gymnasts in the Squad Gym program are supported to develop as leaders and high performers. Gymnasts will be challenged to achieve their personal best. This involves hard work both mentally and physically. It involves embracing failure (in a positive way) as a way to learn, overcome challenges and continually improve. Gymnasts will be encouraged to be disciplined in their approach to training and to adopt an attitude that enables them to excel. Gymnasts in the Squad Gym program are looked up to as role models by other children at Energetic Gymnastics and in the local community.

At the lower levels gymnasts are initially entered into participation events aimed at building their confidence and to give them an opportunity to gain experience performing routines with the support of judges, other clubs and parents. They then progress to team competitions where they compete as a member of their team against other clubs. At the higher levels gymnasts can compete as both an individual and a member of a team.

The longer a gymnast stays involved with the Squad Gym program, the more they will benefit. It is always helpful to remember that the experience from a single competition is part of a much bigger experience of being involved in the sport of gymnastics. Every competition provides another opportunity to learn and grow, developing not only as a gymnast but also as a person who will ultimately be better equipped to respond to the many opportunities and challenges that life presents.

At Energetic Gymnastics we offer a low hours training program with our higher-level groups offered nine hours per week. For those gymnasts seeking more than we offer, we are happy to establish partnerships with other Gippsland or Melbourne based clubs where gymnasts can train at both Energetic Gymnastics and a partner club to enhance their training.

These guidelines will provide information for the 2019 competition season. Included you will find competition dates, approximate costs, and some competition rules.

We hope that your child has an enjoyable and successful year and look forward to celebrating their achievements at the Awards Night in November.

**Elise Edgar**  
Head Coach

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## Communication

It is important for parents, gymnasts and coaches to have positive and open communication channels. This is a shared responsibility for everyone involved and in most instances, this should include gymnasts.

### How to contact Energetic Gymnastics

Phone: **5174 0131**  
Email: [info@energeticgym.com.au](mailto:info@energeticgym.com.au)  
Website: [www.energeticgym.com.au](http://www.energeticgym.com.au)  
Facebook: [Facebook.com/energeticgym](https://www.facebook.com/energeticgym)

Please do not initiate club related discussions with our coaches through personal channels such as their mobile phones or social media.

### Our customer service hours

Our regular customer service hours are 3.00 – 6.00pm weekdays and 8.30 – 11.30am on Saturday mornings, during the training term. We are committed to responding to all incoming messages during these times.

### Timing is important

Our coaches have limited availability before and after classes, however we do encourage parents to say hello and communicate any brief and important messages at this time.

For more involved or longer conversations it is best to arrange a phone call or meeting at an agreed time. This will enable our coaches to give you their full attention, be better prepared to answer questions and to take the time to discuss program information with you.

### Check your emails regularly

Most of the information shared by Energetic Gymnastics is communicated electronically. Parents are asked to actively monitor their email account throughout the year. Particularly before and during the competition season.

### Let the gymnasts take responsibility

Sometimes the coaching team will communicate directly with gymnasts with the expectation that they take on the responsibility of receiving and acting on coach instructions. This is considered to be part of becoming a good athlete and leader and we ask that parents trust and support the gymnasts and coaches in these instances.

### Seek information directly

It is always best to seek information and raise questions directly with the club. Please do not rely on others to fill you in on information you may have missed or to provide feedback on your behalf.

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## Parents can be involved

Gymnastics is an amazing sport and there are many great ways for parents to be involved. Parents have an important role to play in supporting their child to participate in the Squad Gym program. As well as encouraging gymnasts to work through challenges and to achieve their best, parents can get involved with club activities and events. Parents also have the opportunity to volunteer as an official or to gain judging or coaching qualifications.

### Guidelines for supporting your child to participate in Squad Gym

#### Do...

- Role model positive, respectful behaviours and attitudes
- Provide feedback and seek information in a polite respectful manner
- Talk to your child on a regular basis about their gymnastics
- Show interest by supporting club events and activities
- Teach your child to remain patient and to never give up on difficult skills or routines
- Teach your child that the only way to learn is to make mistakes and embrace failure
- Build a positive relationship with your child's coach and the club
- Encourage and praise your child for doing their personal best, whether or not they receive a medal
- Congratulate all gymnasts and coaches no matter what the result. Gymnasts and coaches always try their best, and should be congratulated regardless of the result
- Set a good example by showing good sportsmanship
- Remember, it's not about winning; it's about how you play the game
- Say thank you to your coach, they put in so much extra time and effort and a thank you means so much

#### Don't...

- Inappropriately challenge or threaten officials or other participants
- Place limits on your child's ability or label them with a weakness or deficiency
- Question the judge's decision
- Compare your child to others in the team or competition
- Be disappointed in your child, even if they are disappointed in themselves
- Focus on medals (no one can control the other competitors or judges)
- Question coaches on scores; it's your job to provide support to your child and the coach's job to evaluate the scores.
- Contact coaches after a competition to discuss scores or results
- Ask questions about other children except your own
- Bribe your child. This is unfair pressure and inappropriate. Children always try their hardest at competitions and that is all that matters
- Make negative comments about other clubs or teams

Parents that are interested in volunteering to help at events, or want to find out more about becoming a judge or coach can contact the club at any time during the year.

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## Training

### Training hours

Competitive gymnastics involves multiple training sessions each week. The higher the level of the gymnast, the more hours they need to train. Increased training hours provide gymnasts with the necessary time to master their skills and maintain their physical and mental fitness. This is important not only to excel at competitions but also to prevent injury and to ensure readiness to perform complex gymnastics skills.

### Squad Gym Girls

- Level 1: 3 hours per week
- Level 2: 5 hours per week
- Level 3: 6 hours per week
- Level 4–10: 9 hours per week

### Squad Gym Boys

- Level 1-2: 3 hours per week
- Level 2–5: 9 hours per week

### Cheerleading

- Beginner: 1 hour per week
- Junior: 4 hours per week
- Senior: 6 hours per week

### Attendance

To achieve success, gymnasts need to arrive on time and be present at all of their training sessions throughout the year. This provides them and their team with every possible opportunity to develop their skills, build strength and fitness and prepare for competitions. Absence from training should only occur in exceptional circumstances and wherever possible should be communicated in advance.

### Training attire

Gymnasts need to wear suitable training attire which includes; crop tops, leotards, shorts and other fitted items. Socks, singlets, t-shirts, tracksuits and other outer layers are also appropriate to wear before and after a training session.

Competitive gymnasts should have summer and winter training outfits. They need to layer up or down appropriately to match the weather. For example; in the summer, crop tops and shorts and in the winter, long sleeved leotards, fitted leggings and socks. Hair should always be neat, tied up or back away from the face, neck and ears.

### Fortnightly fees

Energetic Gymnastics runs on a fortnightly direct debit payment system. Using a secure payment gateway, we automatically debit your nominated card each fortnight for the fortnight in advance.

If classes aren't running due to public holidays or training breaks your fees will be reduced for that fortnight.

Fortnightly fees are listed on the following page.

### Annual membership fees

All members of Energetic Gymnastics are automatically registered with Gymnastics Australia. An annual membership fee is charged every twelve months.

Recreational \$35 | Competitive \$85

### 2019 training dates

Term 1 training  
Tuesday 29 January – Saturday 6 April

Easter break  
Sunday 7 – Monday 22 April

Term 2 training  
Tuesday 23 April – Saturday 29 June

Winter break  
Sunday 30 June- Sunday 14 July


Term 3 training  
Monday 15 July – Saturday 21 September


Spring Break  
Sunday 22 September – Sunday 6 October

Term 4 training  
Monday 7 October – Friday 20 December

## Training days, times, and fortnightly fees

Squad Gym Girls 			
Level	Training days and times	Hours per week	Fortnightly fee
Level 1	Tuesdays 4.00 – 5.30pm Thursdays 4.00 – 5.30pm	3	\$85.65
Level 2	Tuesdays 4.00 – 6.30pm Thursdays 4.00 – 6.30pm	5	\$107.07
Level 3	Tuesdays 5.30 – 7.30pm Thursdays 5.30 – 7.30pm Saturdays 9.00 – 11.00am	6	\$117.78
Level 4 - 10	Mondays 5.00 – 8.00pm Wednesdays 5.00 – 8.00pm Fridays 5.00 – 8.00pm	9	\$144.54

Squad Gym Boys 			
Level	Training days and times	Hours per week	Fortnightly fee
Level 1-2	Mondays 4.00 – 5.30pm Fridays 4.00 – 5.30pm	3	\$85.65
Level 2 - 5	Mondays 5.00 – 8.00pm Wednesdays 5.00 – 8.00pm Fridays 5.00 – 8.00pm	9	\$144.54

Cheer Squad 			
Squad	Training days and times	Hours per week	Fortnightly fee
Junior	Tuesdays 4.00 – 6.00pm Thursdays 4.00 – 6.00pm	4	\$99.33
Senior	Tuesdays 6.00 – 8.00pm Thursdays 6.00 – 8.00pm Saturdays 9.00 – 11.00am	6	\$117.78

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## Competition uniform

All Squad Gym members are required to have a team uniform for competitions. Uniforms can be purchased through the club. Further details regarding uniform orders will be communicated prior to the competition season.

Squad	Competition uniform
Girls Level 1 – 2	<ul style="list-style-type: none"><li>- Orange short sleeved Sylvia P leotard</li><li>- Energetic tracksuit</li></ul>
Girls Level 3 – 5	<ul style="list-style-type: none"><li>- Pink (body) and black (sleeves) Sylvia P leotard</li><li>- Energetic tracksuit</li></ul>
Girls Level 6	<ul style="list-style-type: none"><li>- Black (body) and pink (sleeves) GK leotard*</li><li>- Energetic tracksuit</li></ul>
Girls Level 7 – 10	<ul style="list-style-type: none"><li>- Black (body) and pink (sleeves) GK leotard</li><li>- Energetic tracksuit</li></ul>
Boys	<ul style="list-style-type: none"><li>- Blue shorts and longs</li><li>- White socks</li><li>- Energetic leotard</li><li>- Energetic singlet</li><li>- Energetic tracksuit</li></ul>
Cheer Squad	<ul style="list-style-type: none"><li>- Energetic top, skirt and shorts</li><li>- Energetic cheer bow</li><li>- Cheer shoes</li></ul>

\*GK leotard will be phased out from level 6 teams in 2020



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## Competition entries

Gymnasts involved with the Squad Gym programs are expected to give complete commitment to training and competitions throughout the year. Families that are unable to participate in a competition need to advise the club in writing well in advance and before entries are due. This will have an impact on team selection and in some instances may determine whether or not the club meets the minimum number of gymnasts to enter a team.

2019 competition entry forms will be distributed via email at the beginning of the year and will be due on a set date well before the competition season begins. Competition entries and invoices to families will be determined by these forms.

### Payment of entry fees

Energetic Gymnastics is required to pay full competition entry fees for all gymnasts in advance. Base competition entry fees are set by the event organisers. An additional levy is included with the competition entry fee to cover club expenses such as coach's wages, accommodation and judges fees. This levy may vary based on the number of gymnasts participating from the club. The levy will be higher for competitions that require coaches to work on public holidays, stay overnight or travel interstate.

Invoices for entry fees will be sent electronically prior to the start of the competition season. Squad Gym parents need to make full payment by the due date listed on the invoice. This will be approximately 12 weeks before the first competition, and fees for all competitions in the season will be due at the same time.

In most cases entry fees can only be refunded (in part) upon presentation of a medical certificate, depending on the refund policy of the event organiser.

Energetic Gymnastics will only enter gymnasts into competitions once full payment of entry fees has been received.

Late entries may be accepted at the discretion of the event organisers. Late entry levies may be incurred and will be passed on to parents.

### Team selection

The Head Coach is responsible for selecting teams for each competition. Teams will be selected with the best interests of the gymnasts and the club in mind. Teams may vary between competitions. On occasion due to numbers, some gymnasts may be listed as individuals or team reserves. This should not be viewed as a negative outcome by parents or gymnasts.

Questions regarding team selection should be directed to the Head Coach. Negative hearsay and discussion with other parents about team selection is considered to be unhelpful and does not align with club values.



## At gymnastics competitions

### Arrive early

All gymnasts are expected to arrive at competitions at least 15 minutes prior to the advertised start time for general warm up. Late arrival may result in team or individual disqualification. Please allow sufficient travel time for metropolitan events and be prepared for unexpected traffic conditions that may cause delays.

### Gymnast presentation

All gymnasts are required to arrive at competitions ready to go and with exceptional presentation. This includes;

- Full club uniform
- No jewellery
- No nail polish
- No make-up
- Girls hair must be in a high tight bun with matching hair tie (loose hair or hair that may fall out part way through the competition is unacceptable).
- Boys hair must be neat and tidy

### Competition format and duration

The format for each competition will vary depending on the type of competition and the level of the gymnasts competing. Generally gymnasts and coaches will be given an allocated time for general warm up and stretching before the competition officially begins. Gymnasts will then march out in front of the crowd and judges, before performing their routines. Girls will perform routines on Vault, Uneven Bars, Beam and Floor. Boys will perform routines on Floor, Pommel Horse, Rings, Vault, Parallel Bars and High Bar. After the competition, results will be collated and then there will be an awards ceremony. Competitions are generally between two and four hours in duration.

### Parent and spectator involvement

All competitions are open to parents and spectators. There is usually a spectator entry fee that is set by the event organisers. Parents involved with the Squad Gym program are encouraged to go along to competitions, cheer for the gymnasts and support the club.





### Individual score display

At lower level competitions and participation events, gymnasts' scores are not shown or made publicly available. This is because there is a greater emphasis on participation and building the confidence of young children to encourage them to participate (rather than compete) in sport.

At the higher levels individual scores are displayed. This means that when a gymnast completes their routine on each apparatus their score will be shown on a large board to the audience.

For some gymnasts it may difficult to have their score displayed, particularly if they can be very hard on themselves. Parents can assist coaches in preparing young gymnasts for seeing their scores at competition. Emphasis should always be placed on individual effort and personal achievements. It is important to recognise that gymnasts, coaches and parents have no control over the abilities or routines performed by other gymnasts or over the judge's assessment of the routine.

### Codes of Conduct

It is an expectation that all parties strictly adhere to these rules of competition etiquette (extracted from the Gymnastics Victoria Year Book);

- Gymnasts and coaches are not permitted to have any contact with spectators during the competition. Possible penalty: team or individual disqualification.
- Those not taking part in the running of the competition must not enter the competition area. Possible penalty: removal from the venue.
- If medals are won they must be left on until all gymnasts have left the competition area. Possible penalty: team or individual removal of medals.



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## At cheerleading competitions

### Arrive early and be organised

Cheerleading competitions are very popular and therefore families need to allow lots of time to find a car park and access the competition venues. Some cheerleading competitions have thousands of spectators and cheerleaders involved at the same time. You may need to purchase spectator tickets online in advance.

Parents and cheerleaders should pay particular attention to any instructions that are emailed out before a competition. This information will include details about warm up and competition times, spectator ticket prices, meeting points for teams and parents and details for awards ceremonies.

### Cheerleader presentation

All cheerleaders are required to arrive at competitions ready to go and with exceptional presentation. This includes;

- Full club uniform
- Cheer shoes
- No jewellery\*
- No long or fake fingernails\*
- Make up needs to be; foundation, bronzer, natural eye shadow, mascara and red lipstick
- Girls hair must be in a neat high pony tail with a cheer bow (part of uniform)
- Boys hair must be neat and tidy

*\*Please note the following advice from AASCF: Jewellery and fingernails are deemed a SAFETY HAZARD, and as such every item of jewellery will cause an infraction on your team's scorecard. Plasters or adhesive tape covering jewellery and nails do not constitute a safety measure. All items of jewellery must be removed, and nails cut short.*

### Free professional photos

AASCF provide free professional photos and videos to every competitor at their championships. These can be accessed online via a unique password that is shared with the club around the time of the event.



## 2019 competitions (Girls levels 7-10)

This information is correct as of January 2019 and is subject to change. Please note that the times for the competitions are set, up to one week prior to the event. This information will be distributed via email as early as possible.

A LAT (Level Awards Test) can be achieved at an official competition during the season. The Gymnastics Victoria LAT fee is \$32.00.

### Women's Gymnastics Competition Season 1

Competition entry forms are due on **Wednesday 30 January**

Competition fees must be paid in full by **Wednesday 6 February**

<b>8 Mar</b>	<b>Season Preview</b> Energetic Gymnastics Traralgon
<b>16 – 17 Mar</b>	<b>State Team Trial 1 (Level 8-10)</b> Waverley Gymnastics   \$100.80
<b>23-24 Mar</b>	<b>State Team Trial 7 (Level 7-10)</b> Eureka Gymnastics Ballarat   \$100.80
<b>30-31 Mar</b>	<b>State Team Trial 3 (Level 8-10)</b> MYC Gymnastics   \$100.80
<b>12-14 Apr</b>	<b>Senior Victorian Championships (Level 7-10)</b> The Geelong Arena   \$182.80

### Women's Gymnastics Competition Season 2

Competition entry forms are due on **Wednesday 5 June**

Competition fees must be paid in full by **Wednesday 26 June**

<b>15 Sep</b>	<b>Senior Gippsland Championships</b> Maffra Gymnastics   \$TBA
<b>19-20 Oct</b>	<b>Energetic Cup</b> Traralgon Sports Stadium   \$79.80

### TeamGym Competition Season

Entry forms and fees are due as per season 2 dates above.

<b>26-27Aug</b>	<b>Season Preview</b> Energetic Gymnastics Traralgon
<b>31 Aug – 1 Sep</b>	<b>Victorian Championships</b> The Geelong Arena   \$47.80
<b>19-20 Oct</b>	<b>Energetic Cup</b> Traralgon Sports Stadium   \$29.80



## 2019 competitions (Girls levels 3-6)

This information is correct as of January 2019 and is subject to change. Please note that the times for the competitions are set, up to one week prior to the event. This information will be distributed via email as early as possible.

A LAT (Level Awards Test) can be achieved at an official competition during the season. The Gymnastics Victoria LAT fee is \$32.00.

Competition entry forms are due on **Wednesday 5 June**

Competition fees must be paid in full by **Wednesday 26 June**

### TeamGym Competition Season

<b>26-27 Aug</b>	<b>Season Preview</b> Energetic Gymnastics Traralgon
<b>31 Aug – 1 Sep</b>	<b>Victorian Championships</b> The Geelong Arena   \$47.80
<b>19-20 Oct</b>	<b>Energetic Cup</b> Traralgon Sports Stadium   \$29.80

### Women's Gymnastics Competition Season

<b>2-3 Sep</b>	<b>Season Preview</b> Energetic Gymnastics Traralgon
<b>7-8 Sep</b>	<b>Waverley Invite</b> Waverley Gymnastics   \$84.80
<b>14 Sep</b>	<b>South East Regional Championships</b> Maffra Gymnastics   \$100.80
<b>15 Sep</b>	<b>Senior Gippsland Championships</b> Maffra Gymnastics   \$TBA
<b>19-20 Oct</b>	<b>Energetic Cup</b> Traralgon Sports Stadium   \$79.80
<b>2-4 Nov</b>	<b>Victorian Championships Finals (L4-6)</b> The Geelong Arena   \$156.80*
<b>9-10 Nov</b>	<b>Victorian Championships Finals (L3)</b> Eastern Gymnastics   \$100.80*

*\*If gymnasts do not qualify for the Victorian Championships Finals any fees paid for this event can be applied as credit towards fortnightly gymnastics fees or other club expenses.*



## 2019 competition details (Girls L1-2)

This information is correct as of January 2019 and is subject to change. Please note that the times for the competitions are set, up to one week prior to the event. This information will be distributed via email as early as possible.

LAT (Level Award Testing) will occur either during training or at an Interclub friendly during the competition season. The fee for a levels badge is \$10.00.

Competition entry forms are due on **Wednesday 1 May**

Competition fees must be paid in full by **Wednesday 15 May**

<b>16 Jul</b>	<b>Season Preview</b> Energetic Gymnastics Traralgon
<b>20-21 Jul</b>	<b>Junior Gippsland Championships</b> Warragul Gymnastics   \$TBA
<b>3 Aug</b>	<b>Interclub Friendly</b> Energetic Gymnastics   \$35.00
<b>7 Aug</b>	<b>Interclub Friendly</b> Energetic Gymnastics   \$35.00
<b>19-20 Oct</b>	<b>Energetic Cup</b> Traralgon Sports Stadium   \$79.80



## 2019 competitions (Boys L2-4)

This information is correct as of January 2019 and is subject to change. Please note that the times for the competitions are set, up to one week prior to the event. This information will be distributed via email as early as possible.

A LAT (Level Awards Test) can be achieved at an official competition during the season. The Gymnastics Victoria LAT fee is \$32.00.

### Men's Gymnastics Competition Season

Competition entry forms are due on **Wednesday 5 June**

Competition fees must be paid in full by **Wednesday 26 June**

<b>24 Aug</b>	<b>Season Preview</b> Energetic Gymnastics Traralgon
<b>8 Sep</b>	<b>Victorian Championship Qualifiers (L3-4)</b> BTYC Gymnastics   \$100.80
<b>15 Sep</b>	<b>Victorian Championship Qualifiers (L2)</b> Eastern Gymnastics   \$100.80
<b>12-13 Oct</b>	<b>HPP Junior Invite</b> State Gymnastics Centre   \$84.80
<b>19-20 Oct</b>	<b>Energetic Cup</b> Traralgon Sports Stadium   \$79.80
<b>3-4 Nov</b>	<b>Victorian Championships Finals</b> The Geelong Arena   \$156.80*

*\*If gymnasts do not qualify for the Victorian Championships Finals any fees paid for this event can be applied as credit towards fortnightly gymnastics fees or other club expenses.*

### TeamGym Competition Season

<b>26-27 Aug</b>	<b>Season Preview</b> Energetic Gymnastics Traralgon
<b>31 Aug – 1 Sep</b>	<b>Victorian Championships</b> The Geelong Arena   \$47.80
<b>19-20 Oct</b>	<b>Energetic Cup</b> Traralgon Sports Stadium   \$29.80





## 2019 competitions (Boys L1)

This information is correct as of January 2019 and is subject to change. Please note that the times for the competitions are set, up to one week prior to the event. This information will be distributed via email as early as possible.

LAT (Level Award Testing) will occur either during training or at an Interclub friendly during the competition season. The fee for a levels badge is \$10.00.

Competition entry forms are due on **Wednesday 5 June**

Competition fees must be paid in full by **Wednesday 26 June**

<b>19 Jul</b>	<b>Season Preview</b> Energetic Gymnastics Traralgon
<b>7 Aug</b>	<b>Interclub Friendly</b> Energetic Gymnastics   \$35.00
<b>19-20 Oct</b>	<b>Energetic Cup</b> Traralgon Sports Stadium   \$79.80



## 2019 competition details (Cheerleading)

This information is correct as of January 2019 and is subject to change. Please note that the times for the competitions are set, up to one week prior to the event. This information will be distributed via email as early as possible.

### Commitment to cheerleading training

Attendance at training is very important for cheerleading as it is a team sport. If there is an absence it may mean the rest of your stunt group/ team is unable to train certain parts of the routine. Cheerleaders need to be committed to attend every training session and competition to be a part of the team.

Competition entry forms are due on **Wednesday 20 March**

Competition fees must be paid in full by **Wednesday 3 April**

<b>13 Jun</b>	<b>Season Preview</b> Energetic Gymnastics Traralgon
<b>28-30 Jun</b>	<b>AASCF Winterfest</b> Melbourne Sports and Aquatic Centre   \$TBA
<b>20-22 Sep</b>	<b>AASCF Victorian Championship</b> Melbourne Sports and Aquatic Centre   \$TBA
<b>19-20 Oct</b>	<b>Energetic Cup</b> Traralgon Sports Stadium
<b>29 Nov – 1 Dec</b>	<b>AASCF National Championships</b> Melbourne Convention and Exhibition Centre   \$TBA

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## Energetic events

Energetic Gymnastics organises three main events each year. These events are a great opportunity for gymnasts, families and the local community to come together and support the Squad Gym program.

### Energetic Cup

**19 -20 October 2019 | Traralgon Sports Stadium**

The Energetic Cup is an invitational event hosted by Energetic Gymnastics. This event is for all levels and attracts gymnastics clubs from Gippsland and metropolitan Melbourne. It is a pinnacle event for the club and provides an opportunity for local gymnasts to perform in front of a home crowd.



### Awards Night

**Saturday 23 November 2019 | (Date and venue TBC)**

The annual Awards Night is an opportunity for gymnasts, coaches, friends and families to come together to recognise and celebrate the achievements of the year. All gymnasts in the Squad Gym program will be recognised on the night. A number of annual awards are available for each squad to recognise outstanding achievements and great training attitudes. There are also overall club awards such as athlete of the year. All families involved with the Squad Gym program are encouraged to come along to this fun and social occasion.



### Energetic Spectacular

#### Sunday 8 December 2019 | Traralgon Sports Stadium

The Energetic Spectacular is an end of year performance event that involves the whole club. This is a relaxed event where gymnasts perform a group routine that may include skills they have been developed throughout the year as well as acrobatics manoeuvres and group stunts.



Further information about all of these events will be shared with parents and promoted via the Energetic Gymnastics website, closer to the dates.



## Types of gymnastics competitions

The following information provides a summary of the different types of gymnastics competitions. It is intended to be a useful guide to help parents and gymnasts to understand the range of competitions that the club may participate in throughout the year.

### Level Awards Test (LAT)

A Level Awards Test (LAT) is an official test of the skills a gymnast is currently training. It is not a competition, rather an assessment. For gymnasts training in Level 1, and 2 this assessment may be conducted locally at the club.

For gymnasts training at level 3 and above testing is conducted as part of a sanctioned competition. Individual scores from the competition are used to determine whether or not a gymnast has achieved their level. Gymnasts at level 3 and above can only be entered into a Victorian Championships event if they achieved their level at another competition earlier in the season.

Once a gymnast has achieved a new level this is registered with Gymnastics Victoria and a level badge is awarded at the club.

### Interclub Friendly

An interclub event is where 2-3 clubs come together to run an informal competition within a club training environment. These are generally organised for lower level gymnasts. These events are low key and used as a relaxed, fun and developmental opportunity for young gymnasts.

### Club Invitational

A club invitational is a competition that is organised by a gymnastics club. The rules for these competitions are usually the same as the rules for Gymnastics Victoria competitions. These events are usually held at the training venue of the host club and provide a good opportunity for gymnasts to gain competition experience in the lead up to a major championships.

### Judges Invitational

A judges invitational is a competition that is organised by the Victorian judging community. These events are usually hosted by a club and are used to raise funds for judge education and travel. These events provide a good opportunity for gymnasts and coaches to gain feedback from judges early in the competition season.



### Gippsland Championships

The Gippsland Championships is a regional event organised by the Gymnastics Victoria South East Regional Committee. Two Gippsland Championships events are held each year, one for lower level (Junior) and one for higher level (Senior) gymnasts. For some levels the Gippsland Championships is used as a qualification event for the Victorian Championships.

### The Energetic Cup

The Energetic Cup is an invitational event organised by Energetic Gymnastics. It was established in 2013 and is held in a sports stadium with Olympic standard gymnastics equipment and great parent viewing. It is a pinnacle event for the club and provides an opportunity for local gymnasts to perform in front of a home crowd.

### State Pennant Championships

The State Pennant Championships is a team only competition organised by Gymnastics Victoria. At this competition the best teams from across Victoria come together to compete for the title of Champion team.

### Victorian Championships

Victorian Championships events are organised by Gymnastics Victoria. There are different types of Victorian Championships depending on the level and whether or not they are for teams or individuals. Usually gymnasts that participate in these events need to qualify beforehand at a regional championships or selection trial.

There are many gymnasts that compete at the Victorian Championships. It is extremely difficult to get through to the individual finals. Parents are encouraged to help their children in understanding the difficulty in qualifying as an individual for the Victorian Championships Finals. It should be noted that gymnasts, coaches and parents have no control over the performance of other gymnasts or over the judge's assessment of a routine.

If a gymnast from the Squad Gym program is successful in qualifying for a Victorian Championships event this should be celebrated as an achievement for the team and the club.



### State Team Selection Trial (Includes Trans Bass Selection Trial)

State Team Selection Trials are organised by Gymnastics Victoria. Scores from these competitions form part of the selection process for the Victorian team. These competitions are compulsory for any gymnast aiming to be selected to the Victorian team to compete at the Australian Championships.

### Australian Championships

The Australian Championships is a national competition organised by Gymnastics Australia. Gymnasts that participate in this event represent their State. Selection to participate in the Australian Championships is a milestone achievement that many gymnasts aspire to in their careers.

Attending the Australian Championships as a spectator or volunteer is an invaluable training opportunity for up and coming gymnasts and members of the Squad Gym program.





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## Types of cheerleading competitions

The following information provides a summary of the different types of cheerleading competitions. It is intended to be a useful guide to help parents and gymnasts to understand the range of competitions that the club may participate in throughout the year. Most cheerleading competitions are organised by the Australian All Star Cheerleading Federation which is commonly referred to as AASCF.

### Displays

Throughout the year there will be opportunities for cheerleading teams to perform their routines at local events. This is a great way for cheerleading teams to practice their routine in front of a crowd without the pressure of competition.

### Winterfest Cheer and Dance Championships

A professionally run competition organised by AASCF that features USA and Worlds judges. A more relaxed championship where teams can perform their routines on the competition floor and receive vital judges' feedback.

### State Championships

The AASCF State Championships is hugely popular because it produces the best of each State's teams in all ages, genres and levels as they compete for the state title. This is used as a qualification event for the National Championships.

### National Cheer and Dance Championships:

AASCF has conducted the National Cheer and Dance Championships since 2006. It is the highpoint of cheerleading in Australia, with over 1400 teams and over 11,000 athletes competing. It is traditionally held in the last weekend of November. Nationals is a true celebration of cheerleading and a fantastic event for the club and local families to be involved with.



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## Health and wellbeing

### Nutrition

To train and compete at their best gymnasts need to maintain a healthy nutritious diet. Parents have an important job to do to ensure that the food and drinks they provide to their children will help them to develop good eating habits and to stay fit and healthy.

A healthy nutritious diet should be made up with food from all of the food groups and as a general rule, the more leafy green vegetables, fruit and fibre the better. Before training or competitions gymnasts should be encouraged to eat low GI foods, or foods that will help them to sustain their energy for longer. They should always start their day with a healthy breakfast. After training or competitions gymnasts should refuel within 30 minutes to replenish their energy stores and to help their muscles and body to recover. Tap water is usually the best drink for gymnasts to stay hydrated, before during and after a training session or competition.

Special treats and junk food should be kept to a minimum or saved for special occasions or one-off celebrations. Gymnasts should not be sent to gymnastics with packaged junk food, soft drink or confectionary. Having junk food or take away from a fast food chain before or after training or competitions is considered to be detrimental to a gymnast's performance and recovery. It can have an effect not only on their physical energy levels but also their ability to stay focused, concentrate and learn. Energetic Gymnastics has a preference that gymnasts do not purchase items from unhealthy fast food outlets whilst wearing the club uniform.

### Injury management

If a gymnast has been injured either at gymnastics or elsewhere it is very important for the coaching team to be made aware of this and for the gymnast, their coach and parents to proactively manage the injury.

For most injuries it is unlikely that a gymnast will need to have a complete rest from training and in most instances, this can actually be detrimental to their recovery and ongoing training. As gymnastics is a whole-of-body sport there is always a way to modify a training program to enable a gymnast to stay involved with their team mates. For example; if a gymnast has injured their ankle they can still come to gymnastics to work on their upper body and core strength, modified bars activities and memorise their skill sequences and routines and be a part of their team. As their ankle gets better, their coach can work with them to gradually reintroduce weight bearing activities, dance work and landings on the ankle.

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## Beyond Squad Gym

The number of years that a gymnast stays involved with the Squad Gym program will depend on a range of factors including how much they enjoy it and the support they get from their parents. Many gymnasts will stay involved with the sport for the majority of their school years. Regardless of when or why a gymnast decides to move on from competitive gymnastics, it is important to reflect on the work and effort they have put in and what they have gained through their involvement. Moving on from competitive gymnastics should not be viewed as quitting or failure. Gymnastics is an invaluable stepping stone for many other sporting, academic and career opportunities.

It is helpful for parents and gymnasts to consider the following questions when they are thinking about moving on from competitive gymnastics. It is also very important to have early and ongoing discussions with the coaching team before making a decision.

- What is the main reason you want to stop doing gymnastics?
- What will you miss about training and competing?
- Do you need to stop completely or is there another way you can stay involved?
- Have you discussed how you are feeling with your coach?
- When is the best time to move on?
- What do you love about gymnastics?
- Have you achieved your gymnastics goals?
- Are there other goals that you have not yet achieved?
- Would you like to return to gymnastics in the future?
- If you could change something about gymnastics what would it be?
- How would you like to celebrate your gymnastics achievements?

### Job opportunities in gymnastics

The gymnastics industry offers a range of employment opportunities for high school and university students as well as early childhood, sporting or health professionals. The Squad Gym program at Energetic Gymnastics provides a great foundation for understanding the technical aspects of gymnastics as well as building confidence and developing the leadership abilities to become a great coach. Gymnastics coaches progress through an accredited pathway that starts with Beginner and Intermediate qualifications. Becoming a qualified gymnastics coach and gaining employment with Energetic Gymnastics is an excellent way for young gymnasts to stay involved with their sport and to continue to develop as a high performing individual.